

Welcome

The Southeastern Massachusetts Adult Walking Club meets each weekend on either a Saturday or Sunday at 1:00 for recreational walks. This club is open to people of 16 years of age and older, and there is no fee to join. Walks average 2 to 5 miles. New walkers are encouraged to participate.

The terrain can vary:

- ▲ EASY (mostly level terrain)
- ▲▲ MODERATE (hilly terrain)
- ▲▲▲ DIFFICULT (strenuous & steep)

Walks will be led by a park ranger or a Walking Club volunteer leader.

Occasionally, the Walking Club meets at other DCR sites. Some DCR sites charge a parking fee.

The rangers recommend wearing hiking boots and bringing drinking water on all hikes.

Share the trails!



September

Saturday, September 6 6:00 pm
Blue Hills Reservation



Note time change. Moderate/difficult hike, 2.5 miles. Walk the Red Dot trail to the top of Great Blue Hill to watch the sunset. Return on the Summit Rd. Meet at the Trailside Museum north parking lot at 1904 Canton Ave. Milton.

Saturday, September 13 1:00 pm
Blue Hills Reservation



Moderate walk, hilly terrain, 3.5+ miles. Wolcott Path to Eustis Trail and Base Path, return via Hancock Hill Path. Meet at the Blue Hills Headquarters staff parking lot at 695 Hillside St. in Milton.

Sunday, September 28 1:00 pm
Blue Hills Reservation



Moderate to difficult walk, hilly terrain, 3.5 mile loop around the base of Great Blue Hill. Walk to Puddle Path and Brookwood Trail. Return via Accord Path. Meet at the Trailside Museum north parking lot at 1904 Canton Avenue in Milton.

October

Saturday, October 11 1:00 pm
Ellisville Harbor State Park



Easy walk, about 2 miles. Walk along the salt marsh, old agricultural fields, and along the beach at Ellisville Harbor State Park. Meet at the main parking lot on State Road (Route 3A) in Plymouth.

Saturday, October 18 1:00 pm
Blue Hills Reservation



Moderate walk, some hills. Walk a 4 mile loop around Ponkapoag Pond on the green dot trail. Meet at the Ponkapoag Golf Course parking lot at 2167 Washington St. in Canton.

Sunday, October 19 1:00 pm
Blue Hills Reservation

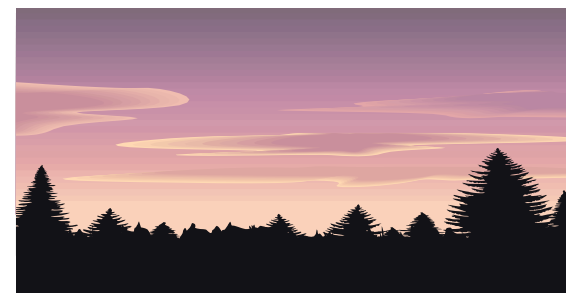


Moderate walk some hills. Walk a 3.5 mile green dot loop around Great Blue Hill. Meet at the Trailside Museum north parking lot at 1904 Canton Ave. in Milton.

Sunday, October 26 1:00pm
F. Gilbert Hills State Forest



Moderate walk, some hilly and rocky terrain, about 4.5 miles. Hike to the park's High Rock area. Meet at F. Gilbert Hills State Forest at Headquarters parking lot at 45 Mill Street in Foxboro.



November

Sunday, November 2 1:00 pm
Blue Hills Reservation



Moderate walk, some hilly terrain, 4 miles.
St. Moritz green dot loop. Meet at Shea Rink
parking lot at 651 Willard St. in Quincy.

Saturday, November 8 1:00 pm
Blue Hills Reservation



Moderate/difficult walk, some hills, 3 + miles.
Bugbee Path to Buck Hill. Return on Doe Hollow
Path. Meet at the Houghton's Pond main parking
lot at 840 Hillside St. in Milton.

Saturday, November 15 1:00 pm
Blue Hills Reservation



Moderate walk, some hilly
terrain, 3 miles. Walk from
the Donovan School to
Ponkapoag Trail and
return via Madden Road.
Meet at the Donovan
School on 123 Reed St. in
Randolph.



Saturday, November 29 1:00 pm
Massasoit State Park



Easy walk, about 4 miles. Walk along a cranberry
bog, through the woods, along the 'Beach To
Nowhere,' and around Middle Pond at Massasoit
State Park. Meet at the main parking lot at 1361
Middleboro Ave in East Taunton.

Things to know before you go

- Wear sturdy footwear
- Carry drinking water
- We will hike unless the weather creates unsafe conditions
- If weather conditions are questionable, please call the reservation headquarters at 508-866-2580, ext 165

Check out the DCR Healthy Heart Trails !



DCR is excited about our Healthy Heart Trails program to promote better health and fitness while connecting with nature. We have designated more than 70 Healthy Heart Trails across the state and hope that you will make them part of your regular exercise routine. We encourage you to not only track your mileage, but to record your experience. Download the tracking chart at www.mass.gov/dcr/recreate/hht to calculate your progress.

If you would like to receive this brochure via e-mail, please send an e-mail request to: Tom.Bender@state.ma.us

Department of Conservation and Recreation
508-866-2580, ext 165
www.mass.gov/dcr



Fall 2014

Southeastern Massachusetts Adult Walking Club

